

Claims

1. An exerciser comprising an elongate body (2) containing a resistive  
5 mechanism (14), a removable first handling member (5,7) arranged generally  
along the major axis of the elongate body (2) and slidably received within the  
body (2), the resistive mechanism (14) providing a force against the insertion  
of the first handling member (5,7) into the elongate body (2), and a second  
10 handling member (6,8) attached to the elongate body (2), characterised in that  
the first (5,7) and second (6,8) handling members are freely rotatable with  
respect to each other.
2. An exerciser according to Claim 1 wherein an elongate element (6) is  
provided to be removably connected between the elongate body (2) and the  
15 second handling member (8) to extend the distance between the elongate  
body (2) and the second handling member (6,8).
3. An exerciser according to Claim 1 or Claim 2, wherein the resistive  
mechanism (14) provides an additional force against the extraction of the first  
20 handling member (5,7) from the elongate body (2).
4. An exerciser according to any one of the preceding Claims wherein a  
flange (20) is provided to be fitted between the elongate body (2) and the  
second handling member (6,8).
- 25 5. An exerciser according to any one of the preceding Claims wherein the  
resistive mechanism (14) comprises a spring, elastomeric foam, pneumatic  
cylinder or a hydraulic cylinder.

6. An exerciser according to any one of the preceding claims wherein a low friction surface is provided on the internal wall of the elongate body (2).
7. An exerciser according to any one of the preceding claims wherein the  
5 end of the first handling member (5,7) for insertion into the body (2) includes a plunger (15) that is coated with, or made from, a low friction material.
8. An exerciser according to any one of the preceding Claims wherein  
10 means are provided for adjusting the pre-load of the resistive mechanism (14).
9. An exerciser according to any one of the preceding Claims wherein means are provided for monitoring the length of usage of the exerciser.
- 15 10. An exerciser according to any one of the preceding Claims wherein means are provided for monitoring essential biometric parameters while exercising.
11. An exerciser according to any one of the preceding Claims, in which  
20 the first handling member is removably connected to the elongate body.
12. An exerciser according to any one of the preceding Claims wherein the elongate body, the first and second elements and the first and second handling members are sized to be carried in a pocketable pouch.